



unit 30. The unit 30 receives the output signal from the VCO 26 to generate and output a signal 34 at 19.44 MHz and a signal 36 at 8 kHz. The unit 30 is coupled to a metastability flip-flop (MSFF) unit 32, which is coupled to and receives a reference signal from the selector unit 12. Using the reference signal, the MSFF unit 32 produces and outputs a signal to the unit 30. Additionally, the selector unit 12 is coupled to the MSFF unit 38 and the control unit 18 is coupled to the MSFF unit 40. Each of the MSFF units 38 and 40 output signals to the internal timing source unit 16.